



6 Signs Your Soul is Trying to Speak to You

FIND OUT WHAT
YOUR SOUL
WANTS YOU TO
KNOW!

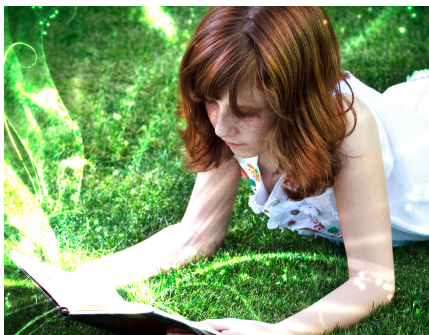
Marli Luyt

Feeling lost?

When our world is in a state of upheaval – whether it is in our external environment like we've had over the past few years, or whether that is from a place internally within us, such as after a breakup, a death or a big disappointment – it is so easy to become anxious, disconnected and lost. It causes not only confusion about our next steps, but also doubts and fears about ourselves and who we are.

Whilst being painful, these moments are actually blessings sent to you by your Soul. It's an opportunity to learn more about yourself, your gifts and what you bring to the world, your purpose in life. In fact, this is the beauty of a true spiritual awakening. But in today's fast-paced society, where we're always on the go, how do you harness that?

With the explosion of spiritual awakenings happening at this particular point in history, so many people are turning to well-known spiritual practices such as journaling, meditation and affirmations. But if you're anything like me, when you're living a really full life, you don't have time to sit for 90 minutes every day trying to quiet your mind (and then think of the 5,000 things that need doing) or heaven forbid writing little sayings of 'I am enough' on your bathroom mirror (which just creates more cleaning)!



Journaling

Journaling may help you get the thoughts that are running through your mind out into words, but does it answer the questions?



Meditation

Meditation is recommended to help increase your focus, but unless you have a mystical experience, doesn't guide you toward your destiny.



Affirmations

Affirmations may make you feel better in the moment, but it doesn't change the fundamental underlying feelings of lack of self-worth.



6 Signs

YOUR SOUL IS TRYING TO TALK TO YOU

You'll be pleased to know there is a much clearer, faster and much more accurate way to reconnect back to yourself, heal your wounds and fulfil your potential. A spiritual practice most people overlook, is to review your life to see what is being reflected back to you! Because your results are ultimately all that matters, isn't it?

Everything you are seeing and experiencing in your life right now is a manifestation of all your past choices and feelings, and everything that is going on internally within you. So when you look around at what you've created and you don't really like what you see, this is a big sign that your Soul is asking you to pay attention. If you don't, chances are the signs will get louder and less pleasant as time goes on!

It may initially be uncomfortable to look at things honestly, but I promise it is very liberating once you take charge of these situations and start changing what is happening, one step at a time. It won't take long until you are able to completely change these circumstances and live a life that you truly enjoy.

6 Signs your Soul is trying to talk to you

#1 - Negative patterns keep showing up in your life

Are you constantly attracting the same situations into your life, whether that be the same type of relationship, regardless of the type of person you pick? Or are you constantly being taken advantage of at work, and you never get recognised no matter what you do?

Maybe you have a cycle of making money, only for there to be something unexpected that shows up that clears out your savings and you have to start all over again...

These patterns are all examples of karmic imprints that we carry around in our Soul Records. Karmic imprints are choices that we made in past lives that are not in alignment with who we are, and therefore cause negative consequences, but without knowing it, you are still upholding those patterns in this life!

Often you'll have no idea what the root cause of these issues are, because no amount of therapy or changing your behaviour will resolve these, leaving you frustrated and fed up.

To resolve these patterns you need to clear these karmic imprints, but to ensure you no longer continue to uphold these patterns, you need to be able to tap into your inner wisdom so that you can be sure you are making better choices going forward.

Consider for yourself, how much do you trust your inner wisdom? Do you feel like you are able to make the right decisions and know what is in your highest good?

Indicate the degree to which you are currently able to access this capacity on a scale of 1-10

1 2 3 4 5 6 7 8 9 10

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#2 - You have lost the fun in your daily life

When you live in alignment with what makes you uniquely you, your Soul will be full of joy, happiness and excitement. Often we are taught to live by the expectations of others, and we contort ourselves into a human pretzel to do what is expected of us by our friends, family and society, and we lose ourselves in the process.

When you have lost joy from your life, it's time to take a good hard look at where you are neglecting what makes you happy in favour of what others expect of you.

Do you even know anymore what used to light you up? How much time do you commit to being in a state of childlike play JUST FOR YOU? It is in the moments where we are experiencing these higher frequencies, that we are able to tap into our Higher Self.

To resolve this pattern you need to untangle yourself from the expectations of others and tap into what it is that truly lights you up instead. That comes from being present in the moment and tapping into your joy. Listening to your favourite songs, dancing, laughing at a comedy, even watching cat/dog videos on YouTube!

Consider for yourself, how present are you in every moment? How much time do you dedicate to what truly lights you up?

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#3 - You feel a sense of emptiness when you achieve a goal

When you chase goal after goal, but achieving them leaves you feeling empty and unfulfilled, this is a sign that you are using your goals to fill a void internally.

Often, a deep sense of loneliness, rejection, or betrayal will have people turn to material achievements for validation.

When you have grown up without a stable sense of love, acceptance or support, you have not developed a deep sense of inner self-worth and wholeness, which may lead you to comparing your path to those of others, or chasing goals that we have been conditioned to want in order to finally get the validation we so desperately are searching for.

However, no matter how much you try to fill that void by competing with others and using external achievements to feel that we are good enough or worthy of love, the more you achieve, the more empty you will feel.

You need you reparent your inner child. Nobody can fill that role as well as you can - you know what you needed growing up that you never got. It is only from this place of inner validation and self-love that you can create a sense of wholeness and authentic self-expression.

Consider for yourself, how worthy do you feel of love just for who you are? What is your self-worth? Do you feel like you are enough?

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#4 - You have constant negative self-talk

Negative self-talk and criticism is a trait picked up through childhood and is driven by core wounds that you have not been able to process appropriately. During the ages of 0-7 we pick up everything that happens around us, but we may not have the skills to process these difficult emotions, so we end up holding onto them and keep recreating experiences based on them.

When you are holding onto a lot of emotional pain, you will start to see the world through a lens of challenge and difficulty. You may start to blame yourself for everything that goes wrong, and even start calling yourself names. How many times have you said something to yourself - when you look in the mirror, when you make a mistake, or when you're feeling down - that you would never ever even dare to say to a friend?

Alternatively, you may judge others harshly for not having the same views as you do. You may pick up the faults in others, not as an endearing part of their personality that makes them the whole of who they are, but as a personal attack against you. How dare they think differently?!

If you have these behaviours, it's time to let go of that toxic emotion, because it will in fact turn into health issues if not resolved. However, with dedication, these wounds can be healed so you can live the life you were meant to live before you picked up these core wounds.

Consider for yourself, how compassionate are you towards yourself and others?

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#5 - You feel like you can never catch a break

When you are struggling it can feel like nothing good ever happens in your life. When you are focused on the negative, more negative situations seem to show up. This is a sign that your mental state is spiraling away from your natural state.

Abundance, joy and love is your birthright, but often we can miss the signs of good things showing up in our life if we are only focusing on the negative experiences. Once you start to focus on gratitude for what is going right, you'd be amazed how quickly the universe starts to line up to serve you more positive outcomes!

We live in an energetic universe, and our internal state drives what we attract in our lives. When we are down, we attract situations that resonate with our internal state. But we can't move from that place to a high vibrational state in one go - that's why affirmations do not work!

We need to work on moving ourselves up the frequency scale one step at a time, by making small choices that bring different results. It won't be long until this starts to snowball and create big changes in what we experience!

The first step starts with stepping into the unknown. In the known, there is no room to create new results. That can only start when we move outside of our comfort zone and do something new. It doesn't have to be big, but it has to be something you've not done before.

Consider for yourself, how open are you to trying something new in life?

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#6 - You have given up on achieving your deepest desires

If you are suffering all the above symptoms, you may have decided that what you really want is just not available to you. There is nothing further from the truth!

You would not even have the desire if it were not possible to achieve right now. The question is instead, what is holding you back to achieve those desires.

Your intuition is the key to achieving your goals. Consider this as your Divine GPS - giving you the directions to take, to get to what you truly want.

Your goal is to learn to trust your intuition, and connect to your natural creativity. This is not about your artistic skills like painting or singing - no, this is your innate ability to create your own reality.

We are all creator beings, and this is about learning to be conscious in what we are creating into our reality. Unfortunately many of us have turned off our intuition, not trusting that we have the answers inside...

Consider for yourself, how conscious are you about the choices you make? Have you disconnected from your intuition, or do you trust that little voice inside?

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Here are some questions so that you can determine what may or may not have worked for you in the past...

1. What has been your experience with spiritual tools up until now? Has it been Illuminating? Inspiring? Transformative? Frustrating? Tedious? Easy? Difficult? All of the above?

2. What have you found most difficult, challenging or confusing about the practices you've tried?

3. What have you found most illuminating, inspiring or transformative about the practices you've tried?

4. What has been your deepest or most meaningful experience of spiritual awakening up to this point?

5. What was the most compelling aspect of the awakening? What were the insights that lingered after the experience faded?

6. What is your highest vision of your potential as a human being?

7. What do you think stands between you and the realisation of your highest spiritual potential?

8. How would your life change if you had consistent access to an infinite source of wisdom, love, creativity and inner strength?

If you can see how you may have gotten stuck trying these types of techniques before, you may be wondering where to start instead?

Here are 6 signs that your Soul is trying to get you to pay attention to where things are no longer working in your highest good. Areas of your life where you can take practical steps to address these issues and become the best version of yourself.

Thank You...

I hope that you recognised the call of your Soul, either through resonating with one of these signs or listening to what your intuition has brought up for you whilst reading this.

No matter where you might have scored on any of these scales, please know that it's very easy to make a change in any of these areas, and that living a life of pure joy, happiness and abundance is available to you right now.

To find out more about how to make these changes in your life, watch my free 45-minute [masterclass](#).

I look forward to seeing you there!

Marli



www.marliluyt.com

